

FUEL YOUR ADVENTURE



ALL DAY BREAKFAST

5FORTY CAFE

MC40
Sausage, Bacon or Ham
on a Toasted Bagel with Egg,
Cheddar, & Mayo

Breakfast Burrito 13.99

Sausage, Egg, Cheddar, Pico De Gallo & Chipotle in a Toasted Tortilla Wrap

Plain Jane 9.99

Toasted Bagel with Cream Cheese. Nice and Simple!

BLT 14.99

Bacon, Lettuce, Tomato & Mayo on Toasted Ciabatta

APPIES

Dino Nuggets
Bring out your Inner Child with some feel good Dino Nuggets

Tater Tots

5 for 6.00
10 for 11.00

Crispy Seasoned Potato Bites served with Sour Cream & Sweet Chilli Dips

Served with a Marinara Dip

Cheesy Garlic Bread 12.99

Pita and Hummus 12.99

Chips and Salsa 12.99

Tortilla Chips served with a Pico Style Salsa

Nice and Simple... and Super Tasty

BOWLS

Baja Bowl F 17.99
Cajun Chicken, Rice, Lettuce, Pico De Gallo,
Bacon, Pickled Onion and Feta Cheese.

Topped with drizzle of Chipotle & Sour Cream

Burrito Bowl ○ 17.99

Cajun Chicken / BBQ Pulled Pork with Rice, Pico de Gallo, Lettuce, Shredded Cheese & Tortilla Chips topped with a Drizzle of Sour Cream

Falafel Bowl 7 F 17.99

Falafel served with Lettuce, Tomato, Cucumber, Pickled Beetroot, Feta & Hummus

Caesar Salad 7 17.99

Romaine Lettuce tossed in Caesar Dressing. Topped with Croutons & Parmesan Served with a Hot Bun

HANDHELDS

All Handlelds are Item Only. See Below for Sides.

The OG Panini

Black Forest Ham, Cheddar, Tomato,
Pickles, Red Onion, Lettuce, Mustard &
Mayo on a Toasted Ciabatta

BBQ Chicken Panini 13.99

BBQ Chicken, Cheddar, Tomato, Pickled Onion & Lettuce on a Toasted Ciabatta

Pulled Pork Grilled Cheese 16.99

Add Soup 5.50

Tortilla wrap

BBQ Pulled Pork With Melty Cheddar Cheese between Toasted Garlic Sourdough

Clubhouse Wrap
Chicken, Bacon, Ham, Cheddar,
Lettuce, Tomato & Mayo in a Grilled

Chicken Caesar Pita 16.99

Chicken Caesar Salad served in a Warm Pita

Falafel Pita 16.99

Falafel, Hummus, Cucumber, Tomato, Pickled Beetroot & Pickled Onion in a Warm Pita add Feta \$2.50

Halifax Donair
Spiced Beef & Lamb Gyro Meat
With Diced Tomatoes and Onions &

With Diced Tomatoes and Onions & Donair Sauce in a Warm Pita

Burrito 17.99

Chicken or BBQ Pulled Pork
Refried Beans, Rice, Pico De Gallo,
Pickled Onions, Lettuce, Cheddar,
Sour Cream & Salsa

Quesadilla
Chicken or BBQ Pulled Pork

16.99

Melty Cheese and Pico De Gallo on a grilled Tortilla. Served with Sour Cream and Chipotle

Choose Between our French Onion or Roasted Red Pepper soup
Served with a hot bun

SIDES

Side Tots 5.50
Side Caesar salad 5.50
Side Soup 5.50
Side Dino (2pc) 2.50